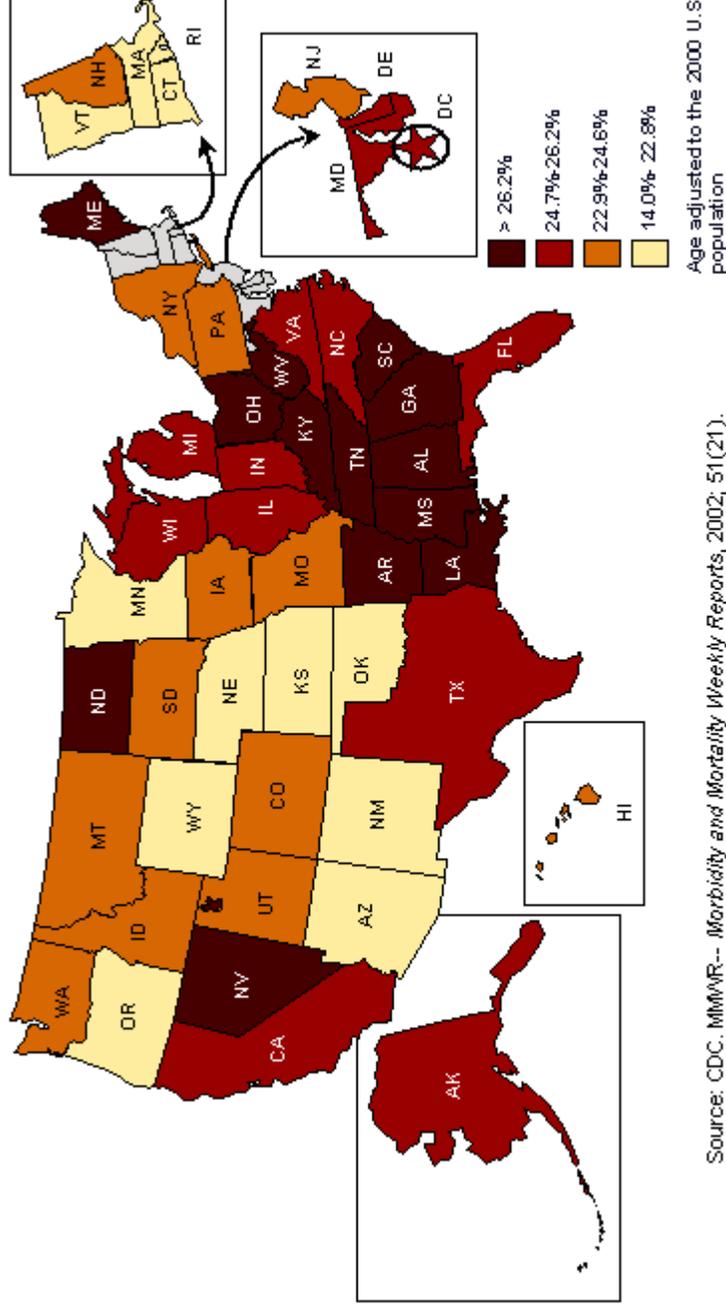


## Facts on High Blood Pressure

Percentage of adults aged  $\geq 20$  who were ever told they had high blood pressure  
Behavioral Risk Factor Surveillance System, 1999



Source: CDC. MMWR-- Morbidity and Mortality Weekly Reports, 2002; 51(21).

- **14% - 22.8%:** Arizona, Connecticut, Kansas, Massachusetts, Minnesota, Nebraska, New Mexico, Oklahoma, Oregon, Rhode Island, Vermont, Wyoming
- **22.9% - 24.6%:** Colorado, Hawaii, Idaho, Iowa, Missouri, Montana, New Hampshire, New Jersey, New York, Pennsylvania, South Dakota, Utah, Washington
- **24.7% - 26.2%:** Alaska, California, Delaware, District of Columbia, Florida, Illinois, Indiana, Maryland, Michigan, North Carolina, Texas, Virginia, Wisconsin
- **Greater than 26.2%:** Alabama, Arkansas, Georgia, Kentucky, Louisiana, Maine, Mississippi Nevada, North Dakota, Ohio, South Carolina, Tennessee, West Virginia

## Facts on High Blood Pressure

- High blood pressure (hypertension) killed 42,997 Americans in 1999 and contributed to the deaths of another 227,000. Because the consequences associated with high blood pressure are so serious, early detection and treatment are important.
- High blood pressure increases the risk for heart disease and stroke, both leading causes of death in the United States. About 1 in 4 American adults have high blood pressure. High blood pressure affects about 1 in 3 African Americans, 1 in 5 Hispanics and Native Americans, and 1 in 6 Asians/Pacific Islanders.
- What do blood pressure numbers indicate? Blood pressure is often written as two numbers. The top (systolic) number represents the pressure while the heart is beating. The bottom (diastolic) number represents the pressure when the heart is resting between beats.
- High blood pressure for adults is defined as a systolic pressure of 140 mmHg or higher, or a diastolic pressure of 90 mmHg or more.
- Optimal adult blood pressure is 120/80 or lower.
- Among people with high blood pressure, 31.6% don't even know they have it.
- High blood pressure is easily detectable and usually controllable with lifestyle modifications such as increasing physical activity or reducing dietary salt intake, with or without medications.
- The Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure (JNC VI) recommends that adults have their blood pressure checked at least every 2 years.

Statistics from CDC's National Center for Health Statistics as published by the American Heart Association, Heart and Stroke Statistical Update, 2002. Dallas, TX: AHA, 2001.  
<http://www.americanheart.org>.\*

### CDC's Public Health Efforts

CDC currently funds health departments in 29 states and the District of Columbia to develop effective strategies to reduce the burden of cardiovascular diseases and related risk factors with an overarching emphasis on heart healthy policies and physical and social environmental changes. Through these state programs, CDC aims to reduce disparities in treatment, risk factors, and disease; delay the onset of disease; postpone death from cardiovascular disease; and reduce disabling conditions. For more information on CDC's Cardiovascular Health State Program, please visit our Web site at <http://www.cdc.gov/cvh/stateprogram.htm>

### For More Information

American Heart Association  
<http://americanheart.org>\*

National Heart, Lung, and Blood Institute  
<http://www.nhlbi.nih.gov>

The Sixth Report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure (JNC VI)  
<http://www.nhlbi.nih.gov/guidelines/hypertension/jncintro.htm>

\* Links to non-Federal organizations are provided solely as a service to our users. This link does not constitute an endorsement of this organization by CDC or the Federal Government, and none should be inferred. The CDC is not responsible for the content of the individual organization Web pages found at this link.